

# What is cardiorespiratory fitness?

## 1. Visit:

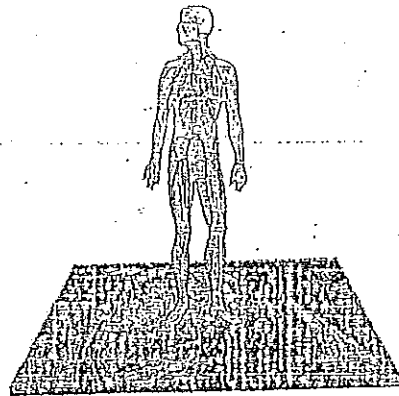
<http://www.pbs.org/wgbh/nova/heart/heartmap.html>

<http://sln.fi.edu/biosci/systems/circulation.html> (follow systemic circulation link)

<http://www.innerbody.com/htm/body.html> (click on animation then cardiovascular)

## STEPS

### The Circle Of Blood



On average, your body has about 5 liters of blood continually traveling through it by way of the circulatory system. The heart, the lungs, and the blood vessels work together to form the circle part of the circulatory system. The pumping of the heart forces the blood on its journey.

The body's circulatory system really has three distinct parts: pulmonary circulation, coronary circulation, and systemic circulation. Or, the lungs (pulmonary), the heart (coronary), and the rest of the system (systemic). Each part must be working independently in order for them to all work together.

2. Visit: [http://www.survivaliq.com/physical\\_fitness/cardiorespiratory-fitness.htm](http://www.survivaliq.com/physical_fitness/cardiorespiratory-fitness.htm).

3. Define cardiorespiratory fitness.

4. Why is cardiorespiratory fitness important?

# How much physical activity do I need?

1. Visit:

<http://www.justmove.org/fitnessnews/faqs.html>

<http://www.justmove.org/fitnessnews/healthf.cfm?Target=exerckids.html>

2. How much physical activity does a person need on a daily basis?

3. How much physical activity does a teenager need on a daily basis?

4. Visit: <http://www.primusweb.com/fitnesspartner/jumpsite/calculat.htm>

Fitness Jumpsite: Calorie Calculator

Back Forward Stop Refresh Home Address

<http://www.primusweb.com/fitnesspartner/jumpsite/calculat.htm>

File Edit View Favorites Tools Help

FITNESS PARTNER CONNECTION JUMPSITE

### ACTIVITY Calorie Calculator

Calculate the number of calories you burn for 158 activities. Fill in your weight and the average amount of time you spend working out. We'll do the math and return an activities page personalized just for you. Print the activities page using the print function on your web browser and keep it with your exercise log or tape it on the refrigerator for reference. It's a great reminder of all the various activities you can participate in and use for cross-training to stay active and healthy!

If you use the metric system, calculate your weight in pounds by multiplying your weight in kilograms by 2.2 kg x 2.2 = 152 lbs

Weight (in lbs.):  Duration (in min.):

Tip: Try entering a duration of 1 minute then print the returned activities page out. That way you know how many calories your body burns per minute for each activity. Because you won't always do each activity for

5. Calculate the number of calories you burn in 20 minutes for the following activities:

General swimming

Walking (3.5 miles/hour) -

Bicycling: 12-13.9 mph -

6. Which activities would you like to perform and for how long to use an extra 300 calories per day?

What is your plan to make sure this happens (use the back of this page if needed)?

# How do I improve cardiorespiratory endurance?

1. Visit: [http://www.survivaliq.com/physical\\_fitness/cardiorespiratory-fitness\\_2-2.htm](http://www.survivaliq.com/physical_fitness/cardiorespiratory-fitness_2-2.htm)
2. Define the terms.
  - Maximum heart rate:
  - Resting heart rate:
3. Calculate your target heart rate zone based on the instructions provided at the web site.
4. Visit: [http://exercise.about.com/library/blank\\_THR.htm?onfiltered=true&](http://exercise.about.com/library/blank_THR.htm?onfiltered=true&). Use the calculator to determine your target heart zone. How did the answer to question 3 compare to the result of the heart rate calculator? What would account for any difference?

1. Enter Your Age

2. Fitness Level

☒ Novice - Very little fitness

☐ Beginner - Some exercise

☐ Average Fitness - Moderate exercise

☐ Higher than average Fitness - Vigorous exercise

Your Training Heart Rate Zone is  
Between:  and  Beats Per Minute

5. Complete the chart below:

Cardiorespiratory Endurance	
Frequency	
Intensity	
Time	
Type	

6. Visit: [http://www.survivaliq.com/physical\\_fitness/cardiorespiratory-fitness\\_2-3.htm](http://www.survivaliq.com/physical_fitness/cardiorespiratory-fitness_2-3.htm) and [http://www.survivaliq.com/physical\\_fitness/cardiorespiratory-fitness\\_2-5.htm](http://www.survivaliq.com/physical_fitness/cardiorespiratory-fitness_2-5.htm). Select the exercises you would like to add to your exercise program (use back side of this sheet).

